



MyPyramid Audio Podcasts

Easy Lunch Box Ideas

[Intro Music] Welcome to MyPyramid Podcasts. They're brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, I'll be sharing tips you can use everyday to eat right and get more active.

[Sound Effects: children playing] When it's time to send your kids off to school or camp, plan ahead to make better food choices for them. Here are some easy-to-do ideas to pack your kids a healthier lunch that they'll really enjoy. For sandwiches, choose whole-wheat bread and lean cuts of meat such as turkey and ham. Many popular snack foods now come in baked versions. Packing baked snacks, instead of the fried kinds, will always help you cut out the fat. For thirst quenchers, pack 100% juice boxes. And for that sweet tooth, include cut up or ready-to-eat fruit instead of sugary desserts.

That's it for today. To find out more information on eating and living healthy, go to MyPyramid.gov. Talk to you soon!